



Taiwanese Beef Noodle Soup

 Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula leaves
- ☐ 2.5 pounds meaty beef short ribs
- ☐ 1 cup kc hickory brown sugar barbecue sauce masterpiece®
- ☐ 14 ounce beef broth canned
- ☐ 0.5 cup carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 8 ounces wide egg noodles cooked

- ☐ 2 inch ginger fresh chopped
- ☐ 2 cloves garlic smashed
- ☐ 0.3 teaspoon pepper flakes red hot

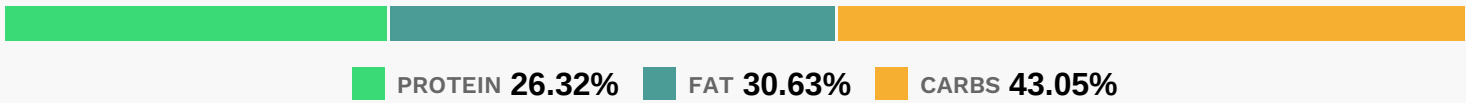
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place short ribs, garlic, ginger and pepper flakes in a slow cooker.
- ☐ Pour KC Masterpiece® Hickory Brown Sugar Barbecue Sauce and broth over ribs. Cover and cook on high 4–5 hours or until meat is tender but not falling apart.
- ☐ Remove meat; place on a cutting board. Strain cooking liquid into a large pot. Discard bones and fat, and slice meat into large cubes. Skim any fat from broth and add meat, celery, carrot and spinach. Simmer soup about 10 minutes or until vegetables are tender.
- ☐ Place noodles in warm soup bowls, ladle hot soup over noodles and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:5.08, Inflammation Score:-8, Nutrition Score:18.772173912629%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 444.94kcal (22.25%), Fat: 15.09g (23.21%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 46.66g (16.97%), Sugar: 36.47g (40.52%), Cholesterol: 92.36mg (30.79%), Sodium: 365.05mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Vitamin B12: 4.76µg (79.29%), Zinc: 6.93mg (46.2%), Selenium: 30.04µg (42.91%), Vitamin A: 1976.59IU (39.53%), Phosphorus: 311.31mg (31.13%), Vitamin B6: 0.62mg (30.97%), Vitamin B3: 5.6mg (27.99%), Iron: 3.73mg (20.75%), Potassium: 678.5mg (19.39%), Vitamin B2: 0.25mg (14.8%), Magnesium: 48.24mg (12.06%), Manganese: 0.23mg (11.47%), Vitamin B1: 0.16mg (10.39%), Vitamin K: 9.68µg (9.22%), Copper: 0.17mg (8.52%), Vitamin B5: 0.68mg (6.82%), Calcium: 65.1mg (6.51%), Folate: 21.63µg (5.41%), Fiber: 1.06g (4.22%), Vitamin C: 2mg (2.42%), Vitamin E: 0.23mg (1.51%)